



Quick Kimchi How-to

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TOOLS:

- [Knife \(1\)](#)



PARTS:

- [Jar \(1\)](#)
- [Napa cabbage \(1\)](#)
- [Carrots \(1\)](#)
- [Ginger \(1\)](#)
- [Garlic \(1\)](#)
- [Sesame seeds \(1\)](#)
- [Salt \(1\)](#)

SUMMARY

I love being part of a CSA ("community-supported agriculture" program); while the box is usually packed full of my favorite fruits and veggies, there's always something in there that I have no idea what to do with. Fortunately, the farmers include a handy recipe sheet each week. Last week there was a lovely Napa cabbage, and an easy recipe for quick kimchi. I've never had kimchi before, which is a fermented cabbage dish from Korea, but it's delicious. Try adding it to scrambled eggs for a spicy breakfast treat!

Step 1 — Quick Kimchi How-to



- 1 head Napa cabbage, 1 C diced carrot, 1/4 C coarse sea salt, 4 scallions chopped (I used chives from my garden since I didn't have scallions), 4 minced garlic cloves, 2T minced fresh ginger, 2T chili powder (I used cayenne), 1t sesame seeds (I used close to 2t since I love sesame seeds!), 1 C water

Step 2



- Dissolve the salt in water and set aside. Wash the cabbage and chop into thin slices. Mix with the carrot in a large bowl and cover with the salt water. Let it soak overnight (I actually forgot and let it soak for a day and a half). After soaking, drain the vegetables but keep the salt water. Add the spices and condiments to the cabbage and mix thoroughly.

Step 3



- Pack it all in a jar and cover with the salty water (leave about an inch of space at the top). Add more water if needed, and make sure your jar isn't too big; if there's a lot of air at the top it will affect the fermentation. Cover tightly and let sit for a few days at room temperature, depending on how fermented you want it. It will be very salty, just to warn you! Refrigerate after opening.

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